Audiology-Referrals are not needed for the routine services such as hearing test.

Jefferson Barracks-314-894-6696 or (ext 66696) John Cochran-314-289-6841 or (ext 56841)

Optometry-Referrals are not needed for routine services such as an eye exam.

Jefferson Barracks/John Cochran(choose appropriate option)-314-289-6409 or (ext 56409)

Dental-Routine or comprehensive dental care is only available to certain veterans as follows: POW's, 100% service connected, unemployable, 10% Service connected for a dental condition, non-compensable trauma to oral structures.

If you meet any of the above criteria call 314-289-7675 or (ext 57675)

CPAP Equipment-If your equipment was obtained through the VA already and you simply need to replace your mask, hose, filters then call 314-652-4100 ext. 58062 (leave a message detailing what equipment you need and she will take care of ordering it for you)

Pharmacy- Renewal and/or refill of prescriptions 314-289-7666

The pharmacy help desk is 314-894-6501

DAV drivers-314-478-8144 The drivers are volunteers (veterans themselves) that may be able to assist with transportation to appointments.

Eligibility-314-652-4100 ext. 56036(JB) or 54165(JC) or directly at 314-289-7063. This is who should be contacted if you need to update an address and for various other questions regarding eligibility.

Compensation & Pension -- 314-652-4100 ext. 56408-Use the phone number for questions regarding establishing service connected disability and questions related to this.

CRISIS LINE

Suicide Crisis Line-1-800-273-8255, press 1

Cardiology (heart) 56329

Nutrition (food plan) JC 56420/JB 68437

Endocrinology(diabetes/hormones/ thyroid) 57640

ENT (ear, nose, throat) 56841

Gastroenterology (GI) 56484

Geriatric psych 66552

Healthcare for homeless vets 55460

Hematology/oncology (blood and cancer) 56801

Mental Health clinic 56950

Weight loss (weight loss) 56502

Smoking cessation JB/JC/CBOC 56508

Neurology (nerves) 27614

Neurosurgery (nerve surgery) 55055

Orthopedics (bones) 56876

Pain clinic, chiropractor 66412

Podiatry (feet) 66437

Renal (kidneys) 56485

Radiology (xray) JC/56319

Pulmonary (lungs) 55027

Rheumatology (joints) 55027

Social Work 56391

Surgery 55647

Urology (bladder) 55093

Women's clinic 56540

Download these and other VA apps at https://mobile.va.gov/appstore/ or your apps store

APP	CATEGORY	OS	ANDROID	DESCRIPTION
ACT COACH	PTSD	YES	YES	Acceptance and Commitment Therapy (ACT) aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them. In ACT, you are encouraged to commit to actions so that you can live your life by your values, even in the face of these unpleasant experiences.
AHOEPR (Burn Pit Registry)	Health	Web only	Web only	If you are a Veteran or Servicemember who served in the Southwest Asia theater of operations after August 2, 1990, or in Djibouti, Africa or Afghanistan after September 11, 2001, you are eligible to participate in the Airborne Hazards and Open Burn Pit Registry.
AIMS	Mental Health	YES	YES	AIMS is designed for Veterans and military Service members but can be used by anyone coping with anger problems. The app provides users with education about anger, opportunities for finding support, the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions.
ASK A PHARMACIST	Access medication information easily	YES	YES	If you are a Veteran, the Ask a Pharmacist App enables you to access information about VA pharmacies and medication easily -- with the comfort of knowing the information is valid and from trusted sources.
Caring4WomenVets	Women's Health	YES	YES	Women Veterans often have health needs that are different from both those of male Veterans and the general female population. Whether you are a VA or non-VA care team member, the Caring4WomenVeterans App offers comprehensive information targeting the specific health care needs of women Veterans
Concussion Coach	TBI	YES	NO	Concussion Coach was designed for Veterans, Service members, and others who are experiencing physical, cognitive, and emotional symptoms that may be related to mild to moderate traumatic brain injury.

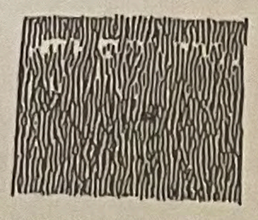
VA MOBILE – APPS FOR VETERANS

Download these and other VA apps at https://mobile.va.gov/appstore/ or your apps store

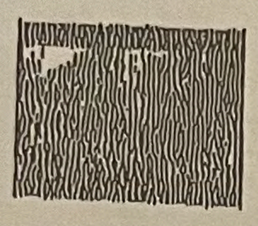
APPS	CATEGORY	iOS	Android	DESCRIPTION
CPT COACH	PTSD patients in Cognitive Processing Therapy (CPT)	YES	YES	CPT Coach is for those with posttraumatic stress disorder (PTSD) who are participating in Cognitive Processing Therapy (CPT) with a professional mental healthcare provider. This app contains support materials for a complete course of CPT to help patients manage their treatment, including between session assignments, readings, PTSD symptom monitoring, and mobile versions of CPT worksheets.
MINDFULNESS COACH	Mindfulness	YES	NO	Helps people practice mindfulness Mindfulness means paying attention, on purpose, to whatever is going on in the present moment without passing judgment on it. Use mindfulness to relax, enrich your life, deal with strong emotions, and create a healthier mindset.
MINDFULNESS COACH 2	Mindfulness	NO	YES	Helps people practice mindfulness Mindfulness means paying attention, on purpose, to whatever is going on in the present moment without passing judgment on it. Use mindfulness to relax, enrich your life, deal with strong emotions, and create a healthier mindset.
MOBILE BLUE BUTTON	Health Record	YES	YES	If you are a Veteran enrolled in VA health care, the Mobile Blue Button App helps you better manage your health care needs and communicate with your care teams. By using the Mobile Blue Button App, you can access, print, download and store information from your VA Electronic Health Record (EHR) in a secure, reliable and simple way.
MOOD COACH	PTSD	YES	NO	Mood Coach is an app for Veterans, Service members, and others to learn and practice Behavioral Activation. This app is designed to help you boost your mood through participation in positive activities. You can make a plan with positive activities and track your progress.
[illegible]	Weight Management	YES	YES	Helps people who want to lose weight: • 19-week program of education and weight-loss tools • Monitor, track, and receive feedback on your progress with weight, diet, and exercise goals

Meditation & Mindfulness Videos

Self Compassion & Self Discovery

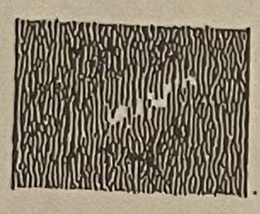


https://www.youtube.com/watch?v=9TBpGRTraBA — 10:45 min.

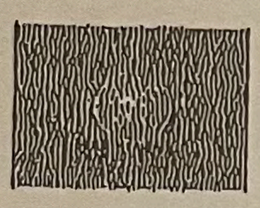


https://www.youtube.com/watch?v=FrZLMq1bFSQ — 4:14 min.

Connecting to Spirit

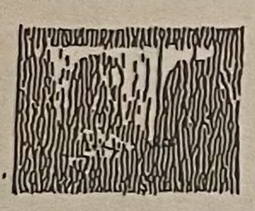


https://www.youtube.com/watch?v=frLgWcB_khw — 10:12 min.

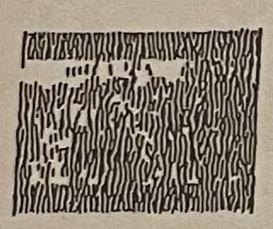


https://www.youtube.com/watch?v=inNGLeTQudk — 14:39 min.

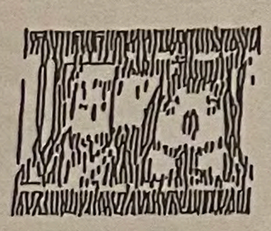
Additional Videos



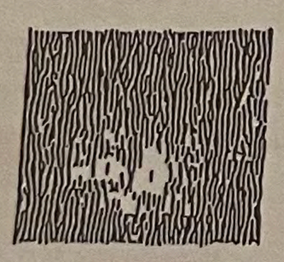
It's not about...the Nail!
https://www.youtube.com/watch?v=5011_Mu20Rk — 1:59 min.



Dream Rangers
https://youtu.be/xkdRSVAMGE — 3:10 min.



Why Mindfulness Is a Superpower
https://www.youtube.com/watch?v=w6T02z5hnT4 — 2:43 min.



How Mindfulness Empowers Us
https://www.youtube.com/watch?v=yzKrvaN44sM — 2:21 min.

My HealtheVet Quick Guide

Secure Messaging

Communicating With Your Health Care Team

Secure Messaging is for VA Patients and their VA health care teams. It is an easy to use online messaging system available through My HealtheVet. Secure Messaging is safe and secure, because the messages you send and receive are all kept within My HealtheVet. Start using Secure Messaging today to discuss your health with your VA health care team.

Secure Messaging should only be used for non-urgent, non-critical communication!

USE SECURE MESSAGING TO…

- Request VA prescription renewals
- Follow up on medical conditions
- Request, change, and/or cancel VA appointments
- Ask health-related questions

SECURE MESSAGING HELPS YOU…

- Partner with your VA health care team
- Get a timely response to messages – within three business days
- End phone tag and waiting time on the telephone
- Save gas and parking frustrations by decreasing unnecessary VA visits

GET STARTED

To use Secure Messaging you must:

- Be a Veteran enrolled at a VA health care facility
- Be registered as a **VA Patient** in My HealtheVet
- Have an upgraded My HealtheVet account

There are two ways you can upgrade your My HealtheVet account:

1. In-Person Authentication (IPA) at your VA Medical Center or Community Based Outpatient Clinic (CBOC) or
2. Online Authentication

Visit Frequently Asked Questions. Find questions and answers that may help you understand more about this feature.

Getting Started with Secure Messaging

1. Login My HealtheVet @ www.myhealth.va.gov
2. Select the **SECURE MESSAGING** tab located on the red navigation bar
3. Select the orange **Open Secure Messaging** button

Note: When you open Secure Messaging for the first time you will be presented with Terms & Conditions for using this feature. Please take time to read this information.

If you agree and would like to use this feature:

4. Select the radio button - **I have read the Terms & Conditions and would like to Opt In**
5. Select the **Submit** button

Managing Your Messages

To open a message in your Inbox, select the message link under the **Subject** column.

To send a message:

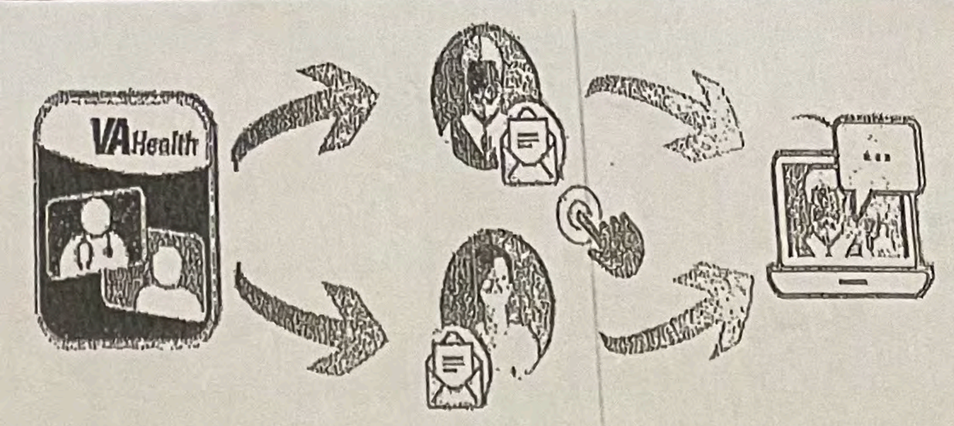
1. Select the **New Message** button in your Inbox
2. Choose who the message is for by selecting the drop-down arrow next to **To**. (Note: only your health care team will appear in the list)
3. Next to **Subject** – use the drop-down arrow to select the type of message you want to send:
   - *Appointment* – request, change or cancel appointments
   - *Medication* – renew or ask a question about a medicine
   - *Test – ask* about a test result or procedure
   - *General* – all other non-urgent issues
4. Type your message
5. Select the **Send** button

To learn more,visit the **Secure Messaging User Manual**:

- On the My HealtheVet Home page, select the **Help** tab at the top of the page
- Under **User Guides** select the link **Secure Messaging User Manual**

VA Video Connect

VA Video Connect



Real-time access to VA care that works best for you!

VA Video Connect enables you to conduct visits with your provider in a secure, virtual medical room, using the camera on your phone, computer or tablet.

You can use VA Video Connect for any appointment or consult if:

- You live far away from your VA facility.
- You have health conditions that make it difficult to travel to the specialist you need.
- You have a few minor questions for your provider that can be answered over live video.
- You lack time or energy to attend an in-person appointment.
- A hands-on physical examination is not required.

What you need to get started:

- Internet or WIFI.
- Smartphone, computer with webcam, iPad, tablet.
- Safe, secure and private location for your appointment.
- An active email account.

How to Download for IOS (Apple) Devices:

- From the home page of your device, tap the App Store icon
- Next tap on the 'Search' icon
- Type 'VA Video Connect' then press 'Search' tab and then press the 'Open' tab.

The day of your scheduled VA Video Connect Appointment:

- Log into the personal email account you provided to your healthcare team.
- Your healthcare team will send you an email the morning of your appointment. This email will be from ***Telehealth Scheduling.***
- Open your email and click on the link approximately 10 minutes before your scheduled appointment- you will enter the secure virtual medical room.
- Your VA provider will join you in the virtual medical room and complete your visit.
- If you are following up for a chronic illness (blood pressure, diabetes, etc), please be sure to have your VA issued blood pressure monitor with you and any record logs you keep of your home BP or blood sugar readings.

Need help? Contact: National Telehealth Technology Help Desk

- **1-866-651-3180 (Toll-free)**
- **1-703-234-4483**

Veterans Health Library

My healthevet

http://www.myhealth.va.gov/

My healthevet
www.myhealth.va.gov

Improving 2-way Communication

My HealtheVet—VA's Online Personal Health Record

My HealtheVet is VA's award-winning online Personal Health Record (PHR), located at www.myhealth.va.gov. It offers users anywhere, anytime internet access to health care information, resources, and tools. Launched nationwide in 2003, My HealtheVet is the gateway to web-based tools that empower Veterans to become active partners in their health care. With My HealtheVet, users access trusted, secure, and informed VA health and benefits information, at their convenience.

Register Today!
Start Here

1. Type www.myhealth.va.gov in the address bar on your web browser, and then press Enter. This takes you to VA's My HealtheVet website.
2. On the right-hand side of the screen, click the Register Today button. Complete the registration page, and review and accept the Terms & Conditions and the Privacy Policy for using the My HealtheVet website.
3. Log into your My HealtheVet account and begin to create your PHR.
4. Begin using My HealtheVet to access VA health care and services at your convenience to better manage your health. Also, if you are a VA patient, take some time to watch the In-Person Authentication (IPA) video online.

Bookmark www.myhealth.va.gov as a favorite and make a note, if you are a VA patient, to get an upgraded account during your next VA clinic visit to get the most out of your PHR.

Secure Messaging

Secure Messaging via My HealtheVet is a web-based message system that allows participating VA patients and VA health care teams to communicate non-urgent, health related information in a private and safe computer environment. Secure Messaging is not e-mail, but an *encrypted*, secure communication tool available through My HealtheVet. Participating users may access Secure Messaging 24 hours a day, 7 days a week on www.myhealth.va.gov. Secure Messaging is based on proven and widely accepted standards in the health care industry. Users who have an upgraded account known as an In-Person Authentication, or IPA, may use Secure Messaging at participating VA facilities. It is being implemented as a *phased release* for VA health care teams and clinics through 2011.

Benefits of Secure Messaging

- Promotes a partnership between the patient and their health care team
- Provides a safe, alternative communication means that is convenient and flexible
- Reduces the need for telephone calls and waiting on hold
- May decrease unscheduled clinic walk-in visits
- Provides a timely response

Upgrade Your Account Today

To get the most out of My HealtheVet, VA patients are urged to visit their local VA health care facility to get an upgraded account, known as In-Person Authentication (IPA). Before VA patients can refill their VA medications by name, access their VA Wellness Reminders, and participate in the future features of My HealtheVet, Veterans need to complete the IPA process (takes approximately 10 minutes) as a security measure. The purpose of the one-time IPA process is to verify the Veteran's identity, in-person. This complies with VA policy and protects Veterans' identities. It's a simple process that will enhance a Veteran's use of My HealtheVet and allow access to other features as they become available.

OMB Approval Number 2900-0556
Estimated Burden Avg: 30 minutes
Expiration Date: 12/31/2020

Department of Veterans Affairs

VA ADVANCE DIRECTIVE
DURABLE POWER OF ATTORNEY FOR HEALTH CARE AND LIVING WILL

INSTRUCTIONS

This advance directive form is an official document where you can write down your preferences for your health care. If someday you can't make health care decisions for yourself anymore, this advance directive can help guide the people who will make decisions for you.

You can use this form to:

- Name specific people to make health care decisions for you
- Describe your preferences for how you want to be treated
- Describe your preferences for medical care, mental health care, long-term care, or other types of health care

You may complete some, none, or all sections of this form. If you need more space for any part of the form, you may attach extra pages. Be sure to initial and date every page that you attach. You also must initial the sections you complete and sign the form. If you are unable to initial or sign the form because of a physical impairment, you can place an "X", thumbprint, or stamp on the form instead of your initials and signature. If a physical impairment prevents you from doing any of these things, you can ask someone else who is with you to sign, place an "X", thumbprint, or stamp on the form.

When you complete this form, it's important that you also talk to a member of your health care team, family, and other loved ones to explain what you meant when you filled out the form. A member of your health care team can help you with this form and can answer any questions that you have.

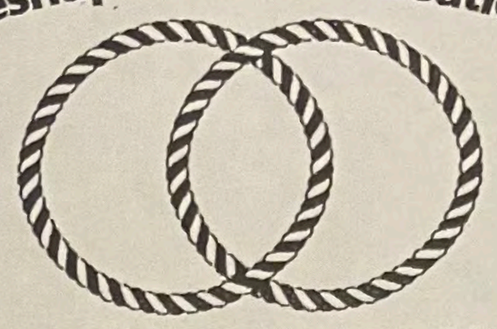
PART I PERSONAL INFORMATION

NAME *(Last, First, Middle)*:		LAST FOUR DIGITS OF SSN:
STREET ADDRESS:		
CITY, STATE, ZIP:		
HOME PHONE WITH AREA CODE:	WORK PHONE WITH AREA CODE:	MOBILE PHONE WITH AREA CODE:

Privacy Act Information and Paperwork Reduction Act Notice

The information requested on this form is solicited under the authority of 38 C.F.R. §17.32. It is being collected to document your preferences for your health care in the event that you can't speak for yourself anymore. The information you provide may be disclosed outside the VA as permitted by law. Possible disclosures include those that are described in the "routine uses" identified in the VA system of records 24VA10P2, Patient Medical Records-VA, published in the Federal Register inaccordance with the Privacy Act of 1974. This is also available in the Compilation of Privacy Act Issuances. You may choose to fill out this form or not.But without this information, VA health care providers may not understand your preferences as well. If you don't fill out this form, there won't be any effect on the benefits you are entitled to receive. The Paperwork Reduction Act of 1995 requires us to let you know that this information collection follows the clearance requirements of section 3507 of this Act. We estimate that it will take you about 30 minutes to fill out this form, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the information you write down. A Federal agency may not conduct or sponsor, and a person is not required to respond to a collection of information, unless it displays a current valid OMB control number. The OMB Control No. for this information collection is 2900-0556.

Reshape the Conversation



about Relationship Health and Safety through Partnership

The National Domestic Violence HOTLINE | VA | U.S. Department of Veterans Affairs Veterans Health Administration | IPVAP Intimate Partner Violence Assistance Program

Veterans Crisis Line:
800-273-8255 (press 1) or **Text 838255**

National Domestic Violence Hotline:
800-799-SAFE (7233) or
Text LOVEIS to **866-331-9474**

National Sexual Assault Hotline:
800-656-HOPE (4673)

VA | U.S. Department of Veterans Affairs
Veterans Health Administration
VA St. Louis Health Care System

Intimate Partner Violence Assistance Program (IPVAP)

IPV Assistance Program Coordinator:
Paula Rutkowski, LCSW
314-652-4100, Ext. 53734

If you are experiencing violence or conflict in your relationship and you want to build a healthy and safe relationship now or for the future, VA can help. Reach out to your local IPV Assistance Program Coordinator or contact the National Domestic Violence Hotline at: 800-799-7233

» **VA St. Louis Health Care System offers the following services for Veterans experiencing violence or conflict in their relationships:** Treatment for injuries; counseling/other mental health interventions; assistance with goal-setting/safety planning; referrals to VA services/programs or to community-based agencies for emergency, transitional or permanent housing; legal advocacy and support groups.

» **IPV warning signs:** Unexplained or repeated injuries; delay in seeking care; injuries during pregnancy; multiple ER visits; suicide attempts; substance use; fearful or evasive behavior; lack of independence, among other signs.

» **Violence prevention:** Seek treatment for mental health/substance use concerns, including PTSD. Seek employment and financial support when needed. Learn healthy ways to handle conflict by participating in **Strength at Home** groups. Have a support system and do not be afraid to ask for help.

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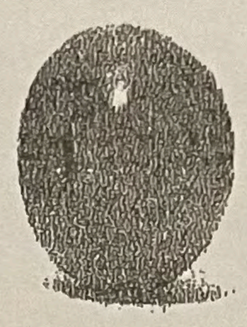
ST. LOUIS VA NUTRITION
DIRECT SCHEDULING

Veterans interested in scheduling appointments for **Nutrition Services** can do so without a referral.

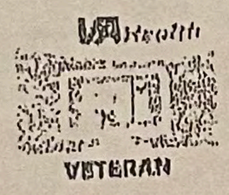


Call 314-289-7600 to schedule an appointment

or you can now schedule an appointment online (see instructions on the back)

VA Health VETERAN

Go to
https://veteran.mobilehealth.va.gov/launchpad/#
Select



Veteran Appointment Requests

Schedule an appointment with my healthcare provider

Log-in
Using your My HealtheVet Premium account

MHV

or
Use DS Logon Level 2 Account

DS

or
Use your ID.me account

ID.me

Jessica Stern
Franklin Co. Dietition
Phone # 314-286-6988.
Press 2 then 4 to get to
this Clinic

PRIMARY CARE: The Best PTSD Care Anywhere Starts with You!

Primary Care starts to see increasingly increasing rates with PTSD. Know the facts about recommended PTSD treatments to provide the best care for your patients.

PTSD

Did You Know?

> 1 in 10 veterans seeking care in VA have PTSD

Among OEF/OIF veterans who use VA care, 1 in 4 men and 1 in 5 women have PTSD

[illegible]

TRAUMA-FOCUSED PSYCHOTHERAPIES—NOT MEDICATION—ARE THE BEST TREATMENT OPTION

Plan Ahead for Resistance

Veterans face a range of barriers to receiving PTSD therapy and mental health treatment.

TIPS: STANDING UP TO STIGMA

- Tell your patients that mental psychotherapy is [illegible]
- Talk about the emotional health issue.
- Explain that untreated PTSD can impact overall health and enjoyment of life.
- Explore why a patient is declining referral.
- Be a myth-buster: Effective therapy is focused and time-limited.

WHAT ELSE CAN YOU DO?

- [illegible] alternative to medication, such as your [illegible] managing psychotherapy.
- Explain that [illegible] insomnia, [illegible] and may get worse.
- Start with your Primary Care Mental Health Integration team. Brief, effective treatments are available.

What Works

TRAUMA-FOCUSED PSYCHOTHERAPIES WITH THE STRONGEST EVIDENCE

Connect your patients to effective PTSD treatments. When placing a consult, indicate you want your patients receive trauma-focused psychotherapy, the front-line treatment for PTSD.

Cognitive Processing Therapy (CPT)

Teaches patients to [illegible] negative thought patterns [illegible]

Prolonged Exposure (PE)

Teaches patients how to gain control by facing fears [illegible]

Eye Movement Desensitization Reprocessing (EMDR)

Helps patients [illegible] and make new [illegible]

Antidepressants are Another Option

Though less effective than trauma-focused psychotherapies, antidepressant medication is an treatment option for PTSD. Prescribing medication for PTSD is the same as prescribing medic treat depression.

Antidepressants with the strongest evidence:

- Sertraline
- Paroxetine
- Fluoxetine
- Venlafaxine

To track clinical progress, use the PTSD Checklist (PCL-5).

Remember: For the best outcome, keep [illegible] focus on treating PTSD. Focusing on symp like anxiety or insomnia is not as effectiv

Treatments strong evidence — Sertraline, Paroxetine, Fluoxetine, Venlafaxine

PTSD Consultation Program

FOR PROVIDERS WHO TREAT VETERANS

Ask an expert about your PTSD-related questions through the PTSD Consultation Program: call (866) 948-7838 or email PTSDconsult@va.gov

Find a full list of recommended treatments in the VA/DoD 2017 PTSD Clinical Practice Guideline (CPG): www.healthquality.va.gov/guidelines/MH/ptsd/

PTSD

Help patients learn more about PTSD treatment options and choose what's best for them: the PTSD Treatment Decision Aid: www.ptsd.va.gov/professional/treatment/decision-aid/index.asp

Patient Information Sheet

VA HEALTH CARE | HONORING SERVICE EMPOWERING HEALTH

Battlefield Acupuncture

What is Acupuncture?

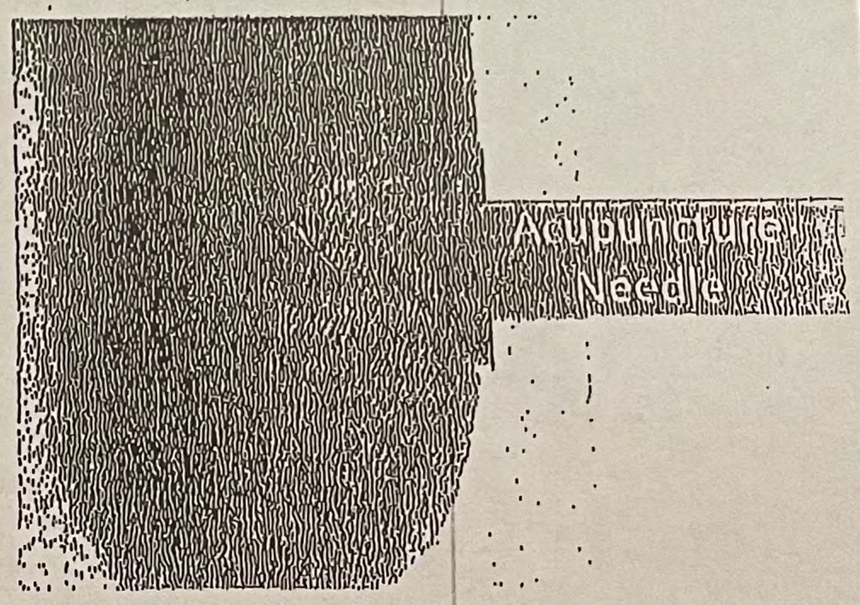
Acupuncture was developed in Asia thousands of years ago and has been used to treat many different health problems, including pain. Acupuncture uses sterile needles gently inserted into the skin and left for brief periods of time. Research has shown that acupuncture helps to reduce pain not only on the area where the needles are placed, but all over the body. Acupuncture helps the nervous system reduce pain signals and releases chemicals to reduce the feeling of pain. It has been proven a safe and effective way to treat pain over thousands of years.

What is Battlefield Acupuncture?

In Battlefield Acupuncture, the clinician places small sterile needles just in the ear. The entire body is represented in the ear and by placing small needles in the surface of the ear, you can affect the whole body.

Who should avoid Battlefield Acupuncture?

- People who are afraid of needles to the point of passing out.
- People who have a bleeding disorder or are on certain medications.
- Women who are pregnant (or think they may be).



The procedure:

- The clinician will place sterile needles at Battlefield Acupuncture points on the surface of your ears.
- You may have some mild discomfort where the needles are inserted.
- If the needles bother you, you can remove them.
- The needles are expected to fall out after two to four days. You can also remove them yourself if your clinician advises you to remove them.

Possible side effects:

- Infection: redness, swelling, warmth, increased pain where the needles were inserted.
- Bleeding or bruising where the needles were inserted.
- Feeling dizzy or nauseated.
- Fainting.
- Feeling euphoric or lightheaded.
- Drowsiness.
- It is possible for symptoms to become worse after a treatment, this is almost always temporary and can be a sign that you are responding to the treatment.

Dental Resources

Franklin, Jefferson, Lincoln, St. Charles, St. Francois, & Washington Counties

All clinics with sliding scale fees require proof of income and photo ID.
Call first to verify what proof of income is needed

For Patients not Covered by the VA Dental- VA DOES NOT PAY FOR THESE SERVI

A.T. Still's University Oral Health Clinic

1500 Park Avenue
St. Louis, MO 63104
314-833-2700
Basic dental care for a sliding scale fee based on income. The Oral Health Clinic offers specialized services including oral surgery, orthodontics and fixed prosthetics.

Compass Health Network

(Franklin County)
1780 Old Hwy. 50 East, Suite 113
Union, MO 63084
636-582-8100

(St. Charles County)
102 Compass Point Drive
St. Charles, MO 63301
636-946-4000

(St. Charles County)
1032 Crosswinds Court
Wentzville, MO 63385
636-332-6000

https://compasshealthnetwork.org
Accept all Medicaid plans.
Hours: Monday - Friday 8:00 AM - 4:15 PM

COMTREA Inc.

(Jefferson County)
Valley Comprehensive Health Center
4300 Gravois Rd.
House Springs, MO 63051
636-321-0150
Monday - Friday 8:00 AM - 5:00 PM

(Washington County)
Hickory Plaza Comprehensive Health Center
4 Hickory Ridge Road Suite 600
Hillsboro, MO 63050
636-481-6040
Monday – Friday 7:30 AM - 6:00 PM
Weekend appointments available for Dental
Accepts Medicaid and Private insurance. Offers sliding fee.

Elks Mobile Dental Program

Office Number – 816-404-6904
573-690-6003
https://dmh.mo.gov/dd/consfam/elkdental.html

Eligibility Criteria:
1. Persons of any age who have mental retardation, including those who are able to participate in education programs.
2. Persons who have a developmental disability. Persons who have learning disabilities-only are not eligible.
3. Children ages 3 to 21 who are listed with the Bureau of Special Health Care Needs.
4. Persons in extreme financial distress who have found it impossible to receive dental care anywhere else. Requires a letter of referral by the local Elk's Lodge.

Great Mines Health Center

(Washington County)
1 Southtowne Dr.
Potosi, MO 63664
573-438-9355
Monday - Friday 8:00 AM – 5:00 PM

(St. Francois County)
508 West Pine Street
Farmington MO 63640
573-664-1100
Monday - Friday 8:00 AM – 5:00 PM
https://gmhcenter.org

Lincoln County Health Department

5 Health Department Drive
Troy, MO 63379
636-528-6117 x3
Services provided for Lincoln County residents only, ages 6+ including pregnant women.
Monday - Friday 8:00 AM - 4:30 PM

LEGAL RESOURCES, ST. LOUIS METRO AREA

Catholic Charities Legal Assistance Ministry
Veterans Advocacy Project
321 North Spring Ave., St. Louis, MO
314-977-3993

Legal Services of Eastern Missouri (Legal Aid)
4150 Lindell Blvd.
St. Louis, MO 63108
314-534-4200
www.lsem.org

Land of Lincoln Legal Assistance Foundation
To apply for services, you should call our Legal Advice and Referral Center at 618-394-7300 or Toll-Free at 877-342-7891.
Illinois: ONLY CIVIL (Housing, Family, Consumer/debt, public benefits/health, Services for Seniors/Disabled.

State Public Defender
Missouri State Public Defender System
231 East Capitol Ave.
Jefferson City, MO 65101
573-526-5210

St. Louis Veterans Legal Project
City of St. Louis-Department of Human Services
Office of Veteran's Affairs-St. Louis Veterans Legal Project
1520 Market, 4th Floor; P: 314-657-1651

Types of Legal Issues considered: legal issues, that present a barrier to Veteran's ability to obtain employment, housing or benefits; Failure to appear warrants, disorderly conduct, theft under $150, traffic violations, DWI/DUI, trespassing, metro/bus violation. Advise on child support/divorce. No felonies; only Missouri. Need agency referral.

St. Clair County Legal Self-Help Center
St. Clair County Courthouse Law Library
10 Public Square, Belleville, IL 62220

The St. Clair County Legal Self-Help Center provides legal information to St. Clair County residents about their legal rights and responsibilities, instructions on how to handle common legal problems, assistance with some legal documents and forms, and **referrals to free and low-cost legal services.** The Legal Self-Help Center does not provide legal advice.

American Civil Liberties Union (ACLU)
4557 Laclede Ave., St. Louis, MO 63108
314-652-3111; www.aclu-em.org

Missouri Bar Lawyer
Referral Service
314-621-6681
www.mobar.org

Saint Louis University Law Clinic
321 North Spring Ave., St. Louis, MO 63108
314-977-2778
www.law.slu.edu/clinics

Gateway Legal Services
200 North Broadway. St. Louis, MO 63102
314-534-0404
www.gatewaylegal.org

A self-funded, non-profit organization dedicated to helping the poor, disabled, and consumers. Works with SSI claims, among other things.

IllinoisLawyerFinder.com
Illinois State Bar Association
424 South Second Street, Springfield, IL 62701
Toll-Free: 800-922-8757

Illinois Lawyer Finder is the Illinois State Bar Association's lawyer directory. This online referral service is designed to serve everyone who can afford the services of a lawyer. Telephone referrals: Mon-Fri 9am-2pm. We charge no referral fee and our operators can put you in touch with a lawyer in your area who has agreed to provide an initial consultation for no more than $25 for the first half-hour.

"The ArchCity Defenders"
812 North Collins, Laclede's Landing, St. Louis, MO 63102-2112
P: 855-724-2489; E: mail@archcitydefenders.org

ACD provides legal services to criminal defendants who do not qualify for the services of other legal aid organization and otherwise cannot afford private criminal defense representation. ACD will also provide civil legal services to clients facing state prosecution. Our staff can assist clients with matter such as landlord/tenant disputes, consumer protection cases, custody and visitation rights, employment discrimination claims, fair housing practice, and first amendment and due process claims.

DISCLAIMER: The VA assumes no responsibility for the professional ability or integrity of the organizations whose names appear on this list. This referral does not guarantee legal representation.